

Grain	Ratio of Grain to Liquid (Cups)	Approximate Yield (Cups)	Cooking Time
Amaranth	1:1	1 ½	12-17 minutes
Barley, Whole Grain	1:4	4	1 hour
Buckwheat	1:2	4	20 minutes
Cornmeal, Whole Grain (Polenta)	1:3 ½	2 ½	35-40 minutes
Couscous, Whole Wheat	1:2	3	10 minutes (heat off)
Millet	1:2	3	30-35 minutes
Oats, Steel Cut	1:4	4	20 minutes
Pasta, Whole Wheat	1:6	Varies	Varies
Popcorn	1:no liquid	8	5 minutes with air popper
Quinoa	1:2	3 ½	10-12 minutes
Rice, Brown	1:2 ½	4	35-40 minutes
Rice, Wild	1:3	4	30-45 minutes
Spelt	1:1 ½	2	Soak overnight, 45 minutes
Triticale	1:3	2 ½	75 minutes
Wheat, Berries	1:4	2	1 hour, 15 minutes
Wheat, Bulgur	1:2 ½	2	15-20 minutes
Wheat, Cracked	1:2	3	20 minutes

Sources: Culinary Institute of America. (2008). *Techniques of Healthy Cooking*; Rombauer, IS, Becker MR, and Becker, E. (2006).

Joy of Cooking; www.wholegrainscouncil.org

